

# BEGIN THE JOURNEY INTO EMOTIONALLY HEALTHY SPIRITUALITY

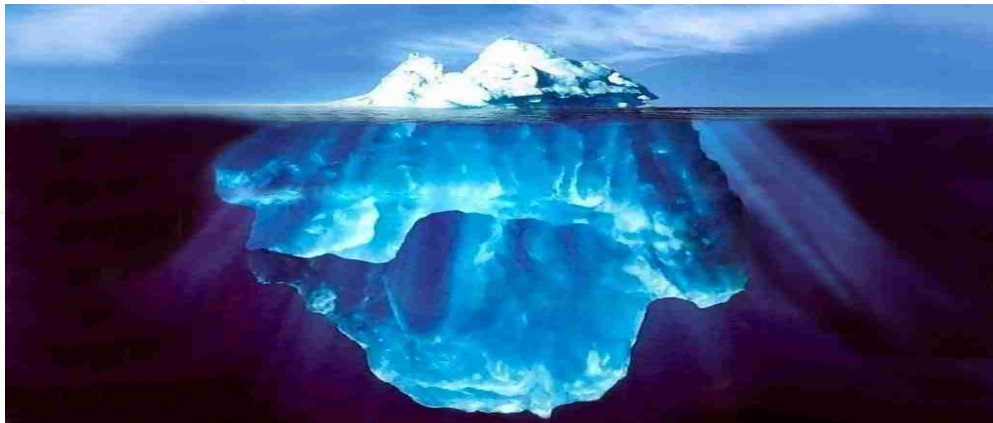
## Part 1: The Problem of Emotionally Unhealthy Spirituality 1 Samuel 15:20-24

### THE PROBLEM OF EMOTIONALLY UNHEALTHY SPIRITUALITY

#### 7 Pathways

1. Know Yourself that You May Know God
2. Going Back in Order to Go Forward
3. Journey Through the Wall
4. Enlarge Your Soul Through Grief and Loss
5. Discover the Rhythms of the Daily Office and Sabbath
6. Grow into an Emotionally Mature Adult
7. Go the Next Step to Develop a “Rule of Life”

#### Iceberg Model What Lies Beneath The Surface

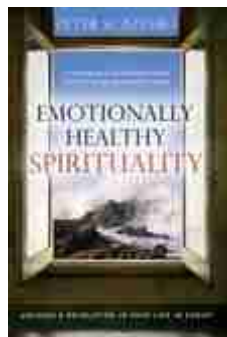
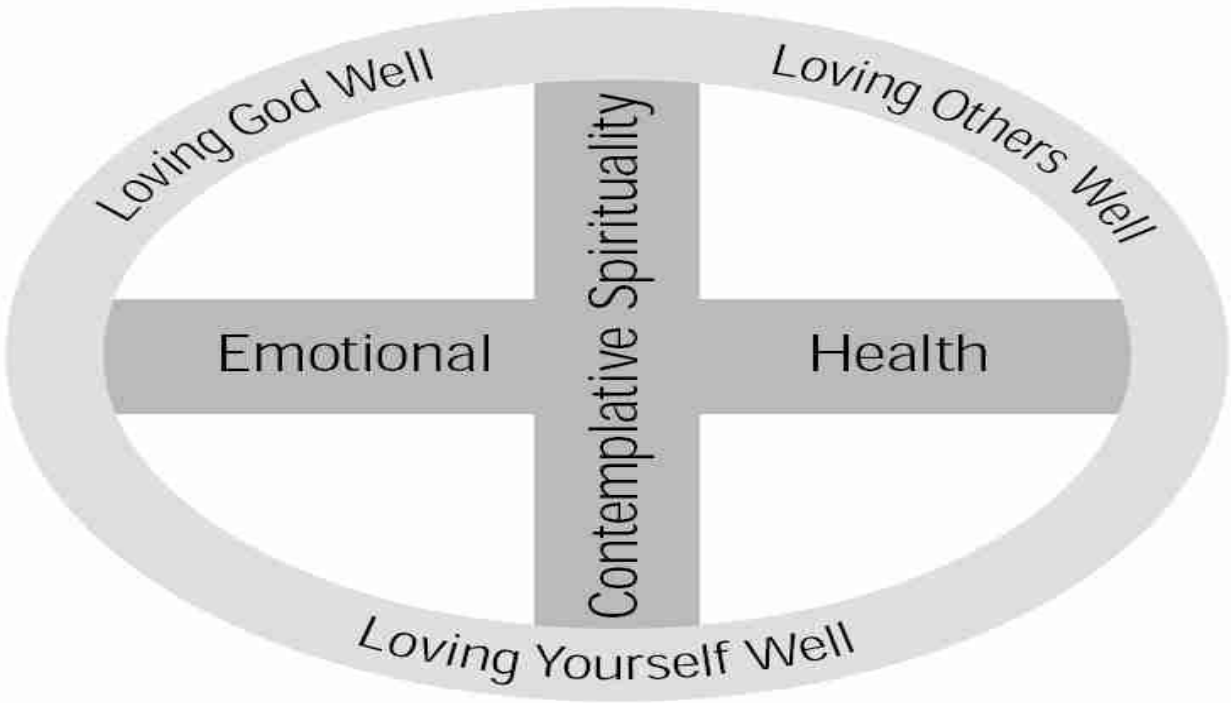


#### Emotionally Unhealthy Spirituality

1. Says “No” to Reflection and Self-Awareness
2. Says “No” to Cultivating their Personal Relationship with God.
3. Says “No” to Being Broken through Setbacks and Difficulties

Deuteronomy 8:2-3

Remember how the LORD your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and feeding you with manna, ...to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.



***Begin the Journey To Emotionally Healthy Spirituality***

sermon series is based on Pete Scazzero's second book.

We recommend that you read the book to get the most out of this sermon series.